

MOVE!

Coping with Medical Problems



Medical problems can get in the way of many things in life, including exercise, work, social life, love life, attitude, and so on. In spite of having various medical problems, life must go on, and people learn to cope with it. In addition to routine medical care, two things, which will almost always make you feel better, are losing any extra weight you are carrying, and getting some exercise. So, you are going in the right direction! Here are some tips on coping with medical problems:

- Make life go on in spite of your problems. Life is what you make it. Don't give in to more limitations than you have to...
- Make the most of every day. Be thankful for each new day, enjoy your day, and live that day to the fullest!
- Think about this quote: "God only gives you one thing, and that is TIME. It's how you spend that time, with whom you spend that time, and how you share that time that makes life worth living" (from the film "Dimensions").
- Spend time with other people who you enjoy.
- Have a "passion"- something you really like to do. And spend time doing it!
- In spite of having medical problems, most people CAN do some amount of physical activity. Be sure to discuss exercise with your doctor before doing anything vigorous. In the meantime, just moving around, and perhaps doing a little walking would probably help. However, be SURE to stop if you have any chest pain or serious shortness of breath.